



Food-Based Dietary Guidelines: Best Practices in Global Development and Implementation

**9:45 a.m. – 10:45 a.m. Friday, 7/21/2017 | Constitution
Ballroom**

Society for Nutrition Education and Behavior



Outline

- **Introduction (Seung-Yeon Lee, PhD, 2016-2017 DINE Chair)**
- **Presentations**
 - **Yenory Hernandez-Garbanzo, PhD**
 - **Mary Murimi, PhD**
 - **Luiza Torquato, MS**
 - **Serah Theuri, PhD, RD**
- **Q & A**

Co-organized with Dr. Serah Theuri with help from the DINE Annual Conference Planning Committee

Sponsored by DINE and United Sorghum Checkoff Program



International Nutrition
Education

Yenory Hernandez-Garbanzo, PhD



**Nutrition Specialist, Nutrition and Food Systems
Division (ESN), FAO**

2013-2014 DINE Chair

SNEB Foundation Board of Trustee

**Research interest: formative evaluation to guide the
design and implementation of inter-sectorial nutrition
education programs; program evaluation and survey
development**

**Areas of work: Technical support and capacity
building to UN Member Countries on areas related to
FBDGs and school food and nutrition education**

Mary Murimi, PhD



**Professor of Nutrition at Texas Tech and the Chancellor
of Daystar University in Kenya**

President of SNEB

Associate Editor for JNEB

**Research interests: Environmental factor on nutrition
status; coping strategies for food insecurity and factors
that influence dietary behavior among low-income
populations**

Luiza Torquato, MS



- Technical Advisor of the Federal Council of Nutritionists in Brazil
- Researcher at the Observatory of Food Security and Nutrition Policies at the University of Brasilia
- Educator of the Slow Food Movement Brazil
- Research interests: Food and Nutrition Education and public policies to guarantee the Human Right to Health and Human Right to Adequate Food

Serah Theuri, PhD, RD



Associate Professor, Nutrition at University of Southern Indiana

2014-2015 DINE Chair

Research interest: food access in urban underserved communities and the impacts of food insecurity on health status

Work with her students in providing nutrition education to low-income adults at the University of Southern Indiana's Community Health Centers.

Published articles on food insecurity and clinical findings of her community project

DINE Dinner:

7 pm on 7/22 (Saturday) at the New Big Wong Restaurant (610 H St NW)

***** Vegetarian options available*****

Dinner Business Meeting:

7 am -8 am on 7/23 (Sunday) in Independence F-I





Food and Agriculture
Organization of the
United Nations

Food Based Dietary Guidelines at Global Level



Setting the Context:
FAO's Perspective



By Yenory Hernández-Garbanzo, PhD
Nutrition and Food Systems Division, FAO, HQ



Current Team at FAO HQ Working with FBDGs

Acknowledgements

Ana Islas

Focal Point for FBDGs Development

Ramani Wijesinha-Bettoni

Focal Point for FBDGs Implementation

Fatima Hachem, Team Leader

Melissa Vargas

Yenory Hernández-Garbanzo

..Many other collaborators at FAO HQ, Regional and Country Level...



FAO's WORK ON FOOD BASED DIETARY GUIDELINES

01

INTERNATIONAL ADVOCACY/ CAPACITY DEVELOPMENT

Sensitization/awareness/capacity development workshops for government officials, practitioners and other relevant stakeholders for the development of FBDGs in all countries

02

RESOURCE MOBILIZATION

In collaboration with governments and/or other UN agencies for starting/expanding the work on FBDGs, especially in LMIC

03

TECHNICAL ASSISTANCE AT COUNTRY LEVEL

For the development, revision and/or implementation of FBDGs

04

COMPILATION OF COUNTRIES' FBDGs

Through the FAO's FBDGs website

05

DEVELOPMENT OF KNOWLEDGE PRODUCTS

Guidelines, reports, studies, and/or scientific publications to promote the effective development and implementation of FBDGs, including the integration of sustainability aspects

Strong presence on the ground to support UN Member countries in the preparation of their FBDGs- at different levels



- **2015-present:**

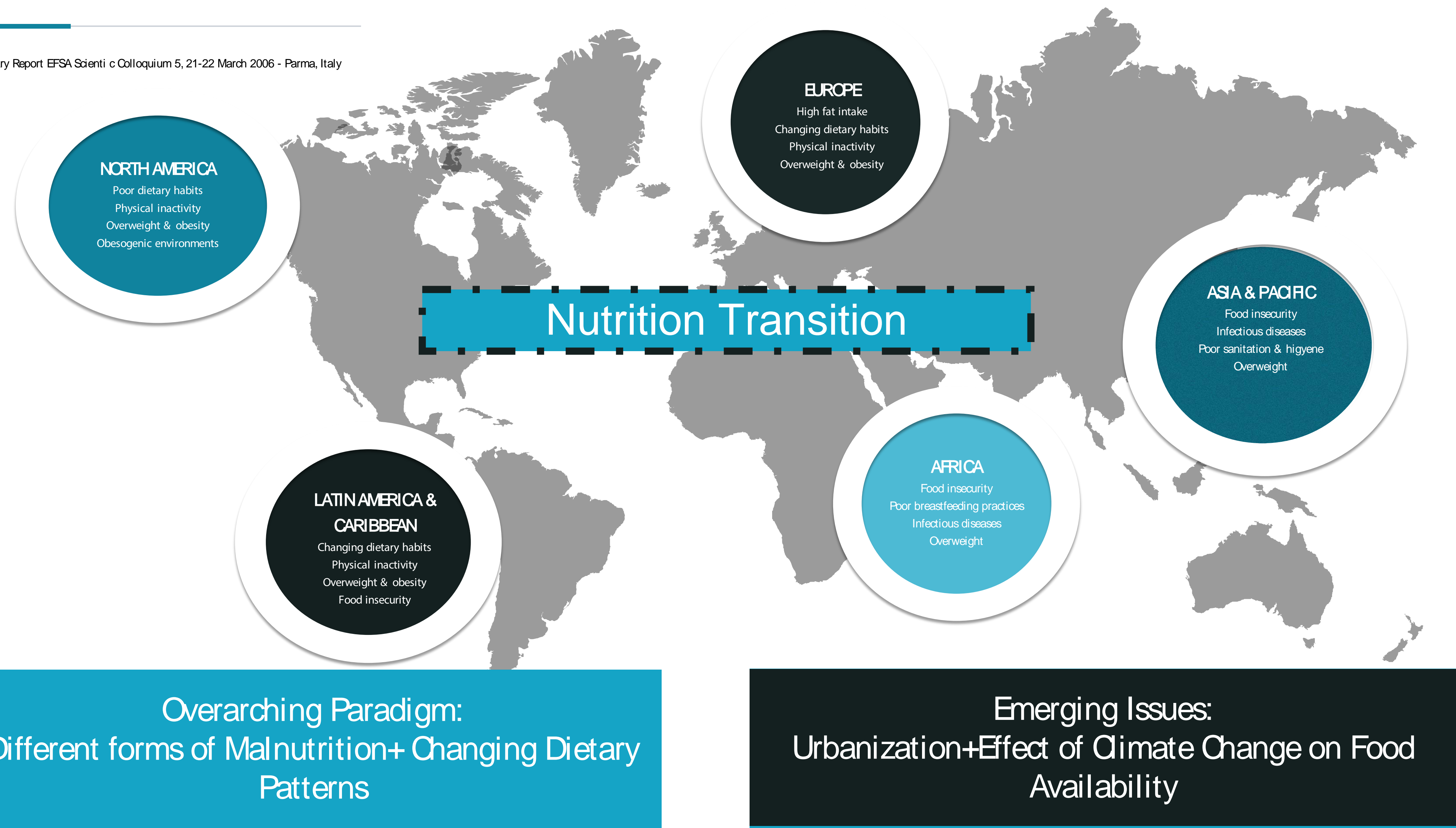
- Sierra Leone, Kenya, Afghanistan, Guyana, Panamá, Colombia, Ecuador, Uruguay, Suriname, Tanzania, Swaziland, Zimbabwe, Zambia, Mauritania, Niger

- **2016:**

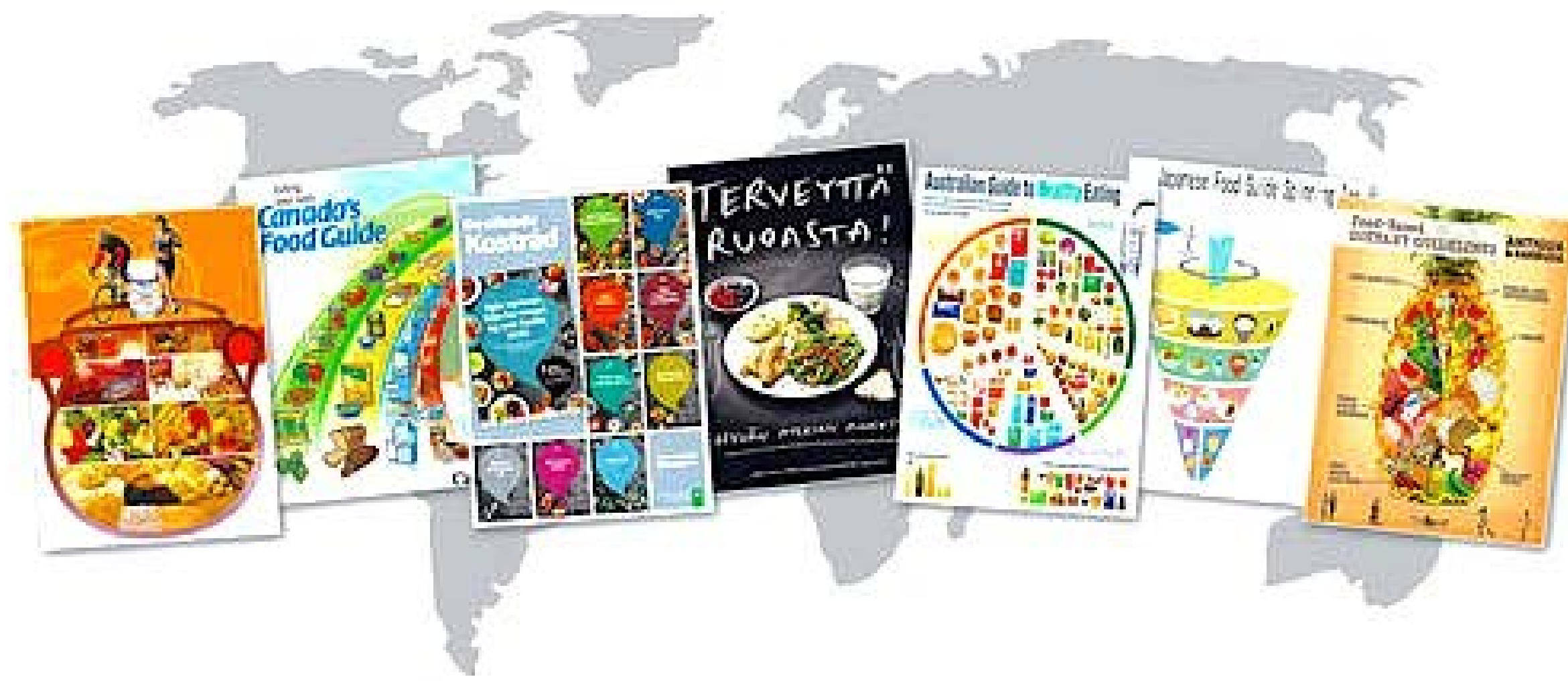
- Regional workshops: African Anglophone and Francophone countries (n=24)

FBDGs CONTEXT: WHY NOW?

Source: Summary Report EFSA Scientific Colloquium 5, 21-22 March 2006 - Parma, Italy



FBDGs: WHAT ARE THEY AND FOR WHAT?



- FBDGs are a set of evidence-based, easily understood, behavior-focused messages for the general public
- FBDGs take into account a country's food availability, diet patterns and food culture, and nutrition-related issues.

TOOL TO PROMOTE:

- Nutritional well-being
- Desirable consumption patterns

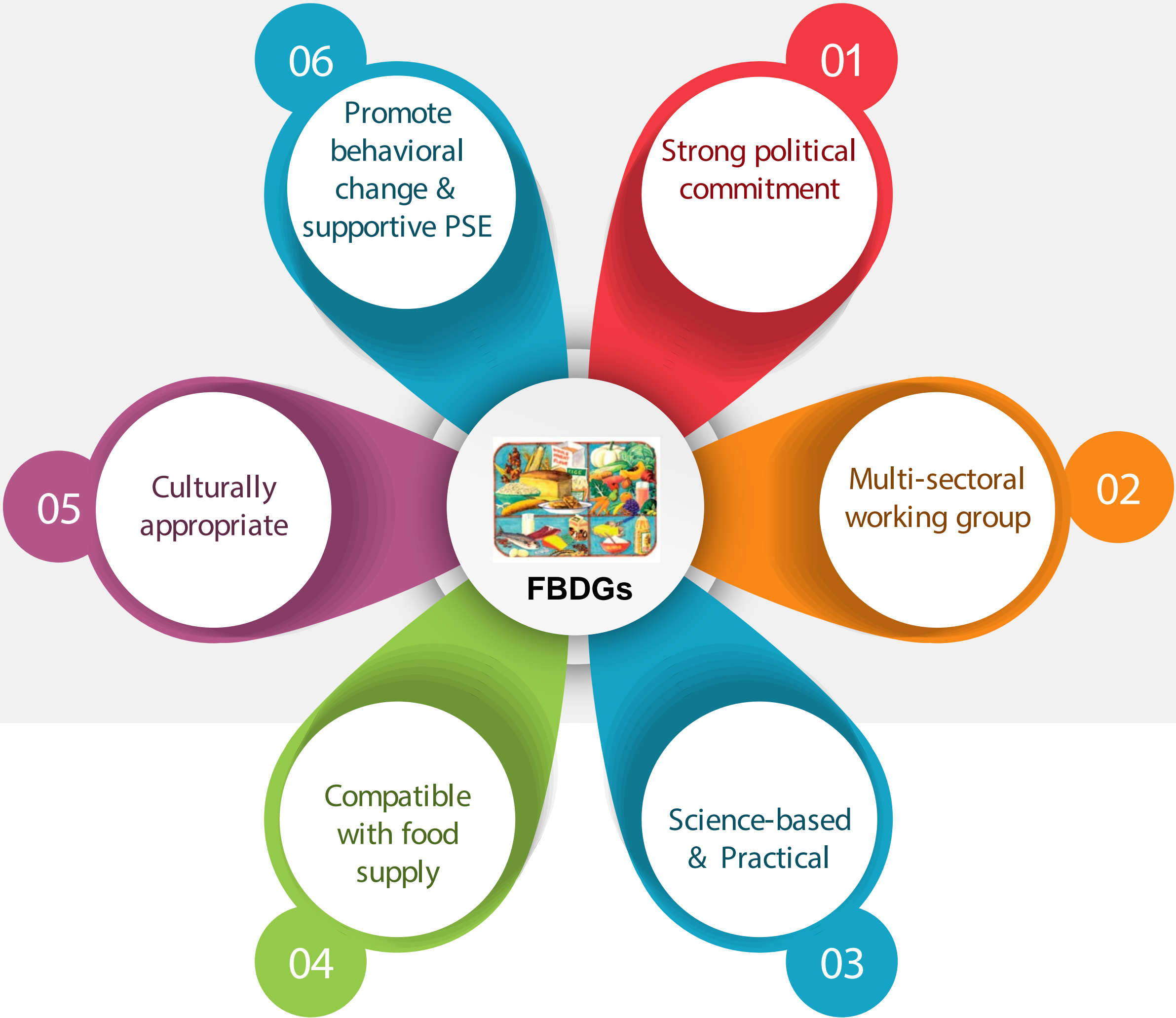
TOOL TO PREVENT:

- Malnutrition and diet-related diseases
- Unsustainable food systems

TOOL TO PROVIDE GUIDANCE:

- Nutrition education programs
- Food, agriculture and trade policies

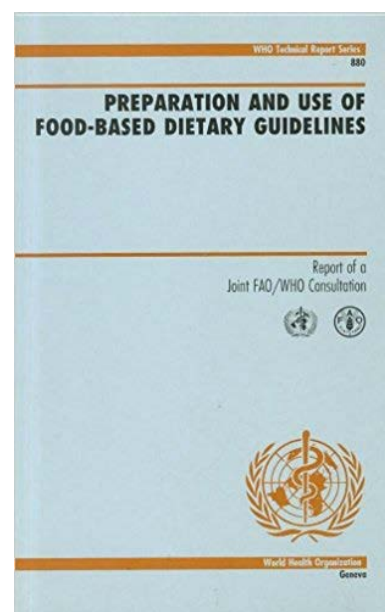
FBDGS: KEY ELEMENTS



International Advocacy & Capacity Development

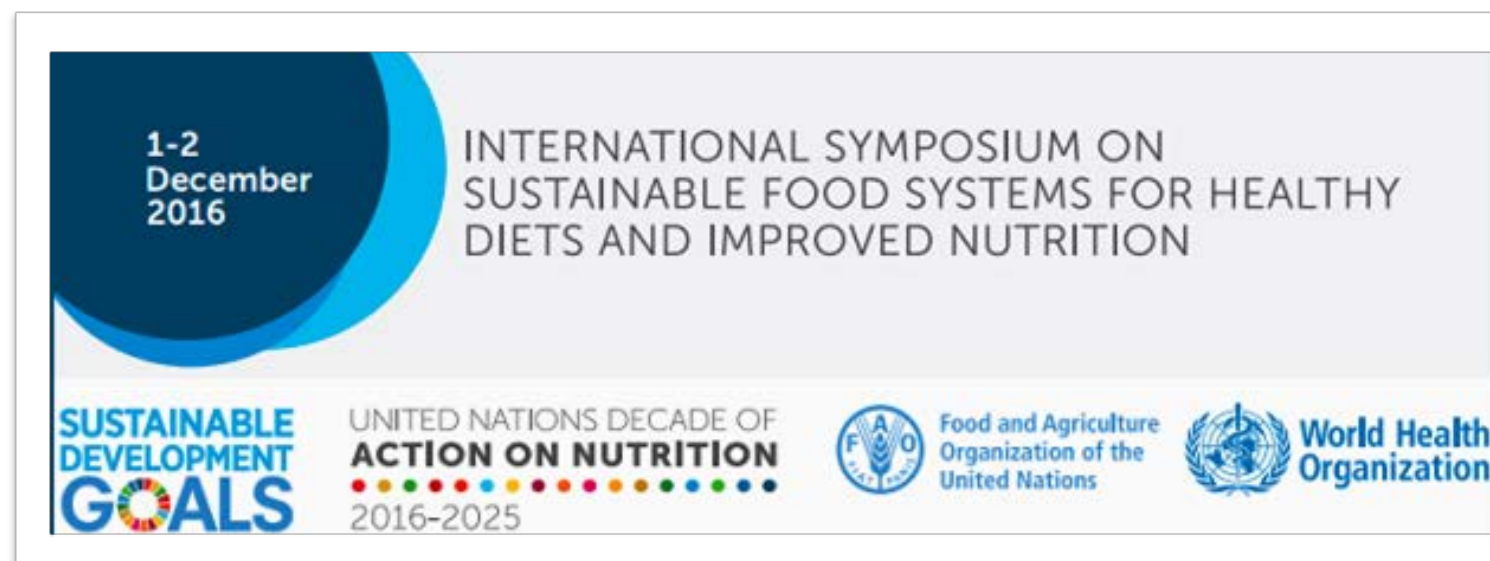
Part One

HOW THE FAO/WHO'S WORK WAS STARTED?



Joint FAO/WHO Expert Consultation on Preparation and Use of FBDGs

Consultation and report that aimed to “...*establish scientific basis and expert practical guide to the formulation and implementation of national dietary guidelines based on recommended foods and food groups rather than nutrients...*”



1992

1995

2014

2016

FAO/WHO International Conference on Nutrition (ICN), Rome, 1992

Plan for Action on Nutrition called on governments to “*provide advice to the public by disseminating... dietary guidelines relevant for different age groups and lifestyles and appropriate for the country’s population...*”

FAO/WHO 2nd International Conference on Nutrition (ICN2), Rome, 2014

ICN2 Framework for Action also recommends to “...*adopt and adapt, where appropriate, international guidelines on healthy diets*” (Recommendation 13), in addition to mentioning FBDGs (Recommendation 12)...”



...There was a call by Patrick Webb for FBDGs to be:

“...*re-framed and re-thought everywhere to guide policy-makers; not make them just consumer-focused but directly policy-maker-focused...*”





May-June 2017

A Spotlight on the UN Decade of Action on Nutrition (2016-20225)

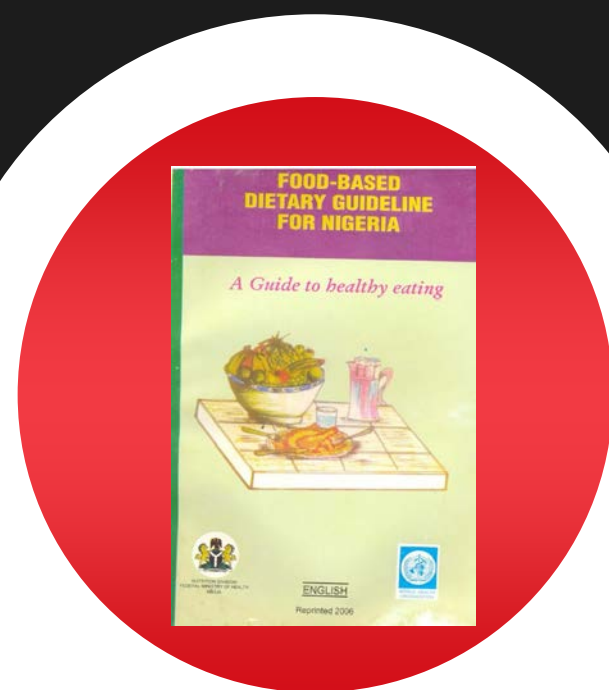
FBDGs can be instrumental in advocating for change

- FBDGs encourage...
 - ...**Consumers** to adopt nutrition- focused behaviours and...
 - ..**Policy makers** to adopt policies that create an enabling environment for sustainable diets...
 - ..both of which would lead production systems to perform better by producing a more diverse range of foods in a **sustainable manner**...

Stineke Oenema

UNSCN Coordinator

>100 Countries with FB DGs



In Africa only six countries:
Benin, Namibia, Nigeria, Seychelles, Sierra Leone and South Africa



2015: FAO'S CAPACITY DEVELOPMENT WORKSHOPS FOR SOUTHERN AFRICA: 24 COUNTRIES

2016: ZAMBIA, SWAZILAND, ZIMBABWE, TANZANIA, MAURITANIA & NIGER HAVE STARTED THE PROCESS FOR DEVELOPING THEIR NATIONAL FBDGS

Technical Assistance at Country Level

Part Two

FBDGs URUGUAY



UNIDAD 4 Al finalizar esta unidad los participantes serán capaces de:
Proponer ideas para que integren a las recetas habituales más cantidad de verduras, legumbres, frutas y pescado.

Mensaje clave
Incorporar verduras y frutas en todas tus comidas. Te ayudará a sentirte bien y mantener un peso adecuado.

#1 Why?: Motivators

#2 Overcoming Barriers: Reflection

#3 How to?: Skills to adopt the change

MEDIO PLATO de verduras en el almuerzo + MEDIO PLATO de verduras en la cena + 3 frutas en el día = salud y bienestar

Algunos consejos para que tu compra de verduras y frutas sea más sencilla:

Compromiso para el cambio

WHY+HOW+BARRIERS=COMMITMENT TO CHANGE

Compilation of FBDOs

Part Three

FAO'S FBDGs Website: 90 Countries

01

FOR GLOBAL MAPPING & RESEARCH OF
FBDGS/ FOOD GUIDES



02

POOL OF COUNTRY FOCAL
POINTS FOR FBDGS

03

CAPACITY DEVELOPMENT SECTION: WORKSHOPS,
FORUMS

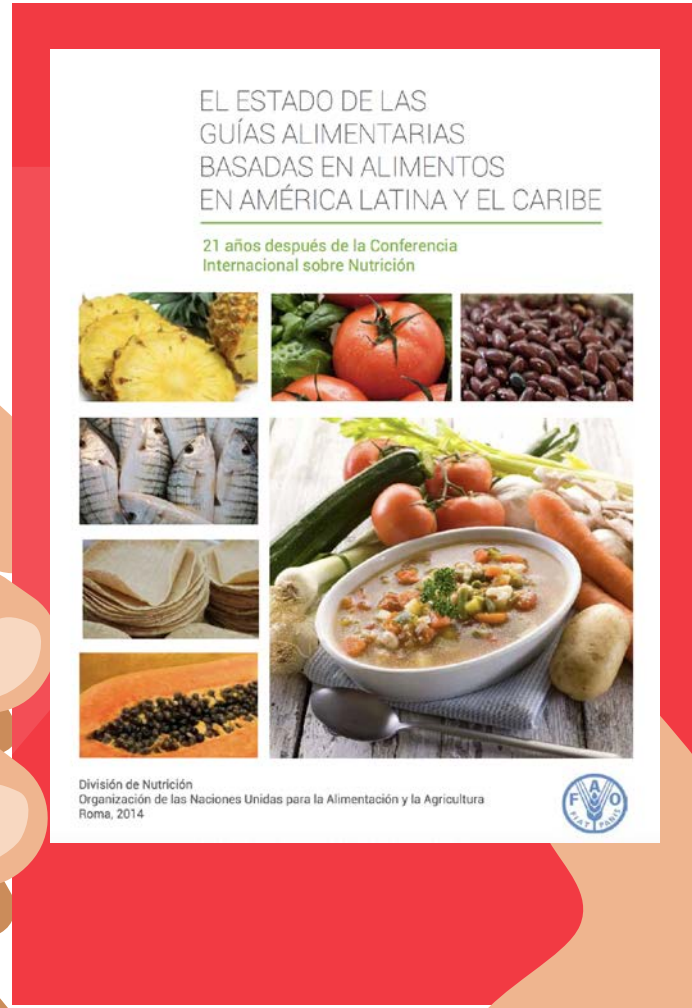
COMING: IMPLEMENTATION & EVALUATION ASPECTS



Development of Knowledge Products

Part Four

FAO's FBDGs RECENT KNOWLEDGE PRODUCTS



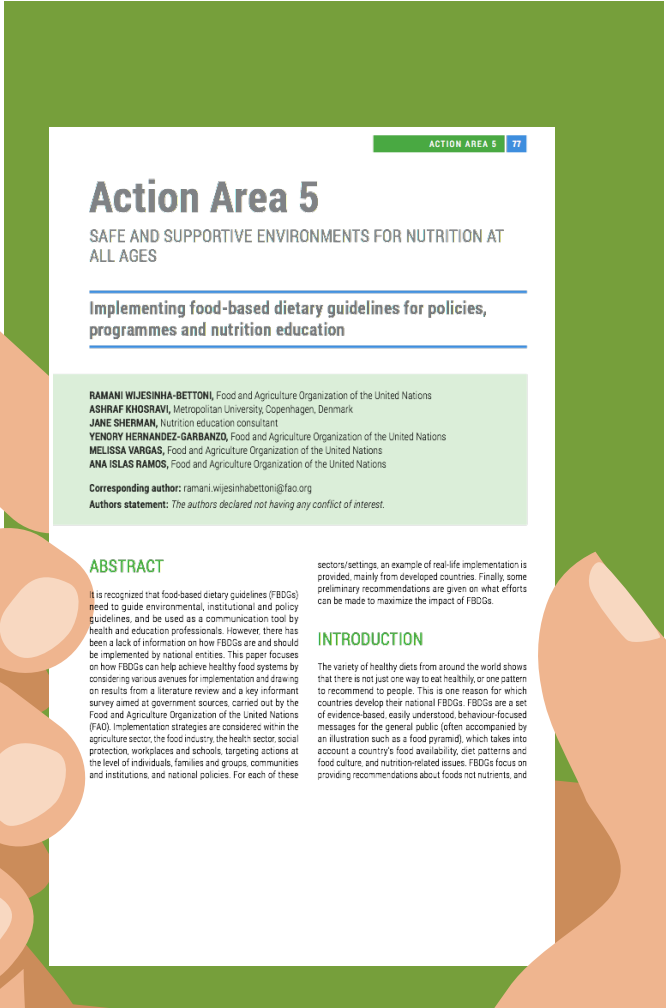
STATUS OF FBDGs IN LATIN AMERICA AND THE CARIBBEAN

Study on the current situation, needs & lessons learned



PLATES, PYRAMIDS & PLANETS

Review of FBDGs that address sustainability

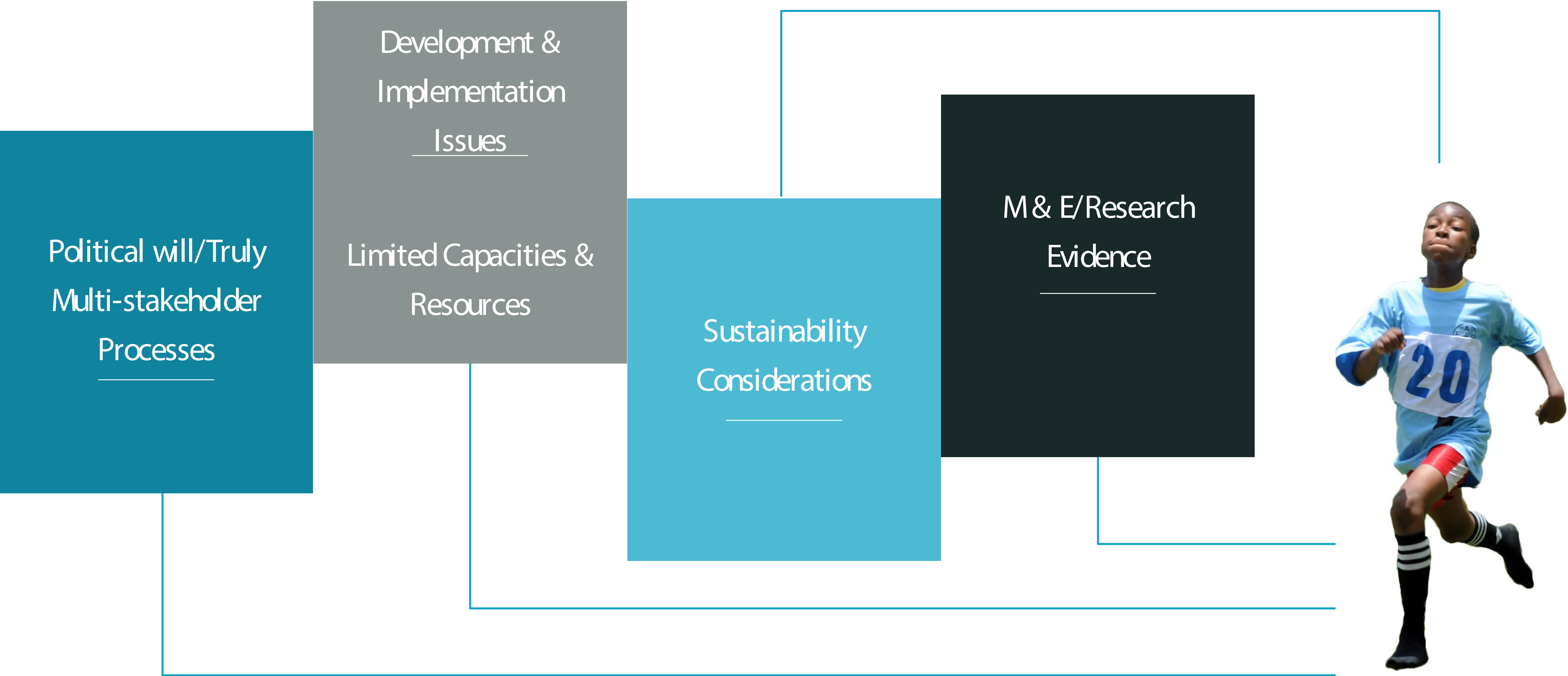


FBDGs IMPLEMENTATION

Article on: Implementing food-based dietary guidelines for policies, programmes and nutrition education (manual coming soon)



FBDGs: REALITY & CHALLENGES AHEAD





Developing Dietary Guidelines for Americans

Mary Murimi, PhD, RD, LDN



**Professor of Nutrition
College of Human Sciences
Texas Tech University**

**President: The Society for Nutrition Education and Behavior
Associate Editor: The Journal of Nutrition Education and Behavior
Chancellor: Daystar University in Kenya**



Dietary Guidelines for Americans

The 1990 National Nutrition Monitoring and Related Research Act requires that the U.S. Departments of Health and Human Services and of Agriculture publish a new edition of the Dietary Guidelines for Americans every 5 years

The guidelines should reflect current advancements in scientific knowledge on the relationship between nutrition and human health

The guidelines further translates the science current at the time into sound food-based guidance to promote health in the United States

The process has evolved from concerns of nutrient deficiencies and malnutrition in the beginning to disease prevention and over nutrition more recently

Purpose of The *Dietary Guidelines for Americans*

Provides evidence-based food and beverage recommendations for Americans ages 2 and older

These recommendations aim to:

- **Promote health**
- **Prevent chronic disease**
- **Help people reach and maintain a healthy weight**
 - Forms the basis of federal nutrition policy and programs
 - Helps guide local, state, and national health promotion and disease prevention initiatives
 - Informs various organizations and industries, such as food product development



Dietary Guidelines: **What It Is, What It Is Not**

- **Translates science into food-based guidance toward a healthy and enjoyable diet**
- **Helps individuals improve and maintain overall health, focusing on disease prevention and reducing the risk of chronic diseases**
- **These Guidelines embody the idea that a healthy eating pattern is an adaptable framework in which individuals can enjoy foods:**
 - **that meet their personal,**
 - **cultural, and traditional preferences**
 - **and fit within their budget**
- **Is not intended to be used to treat disease**

His

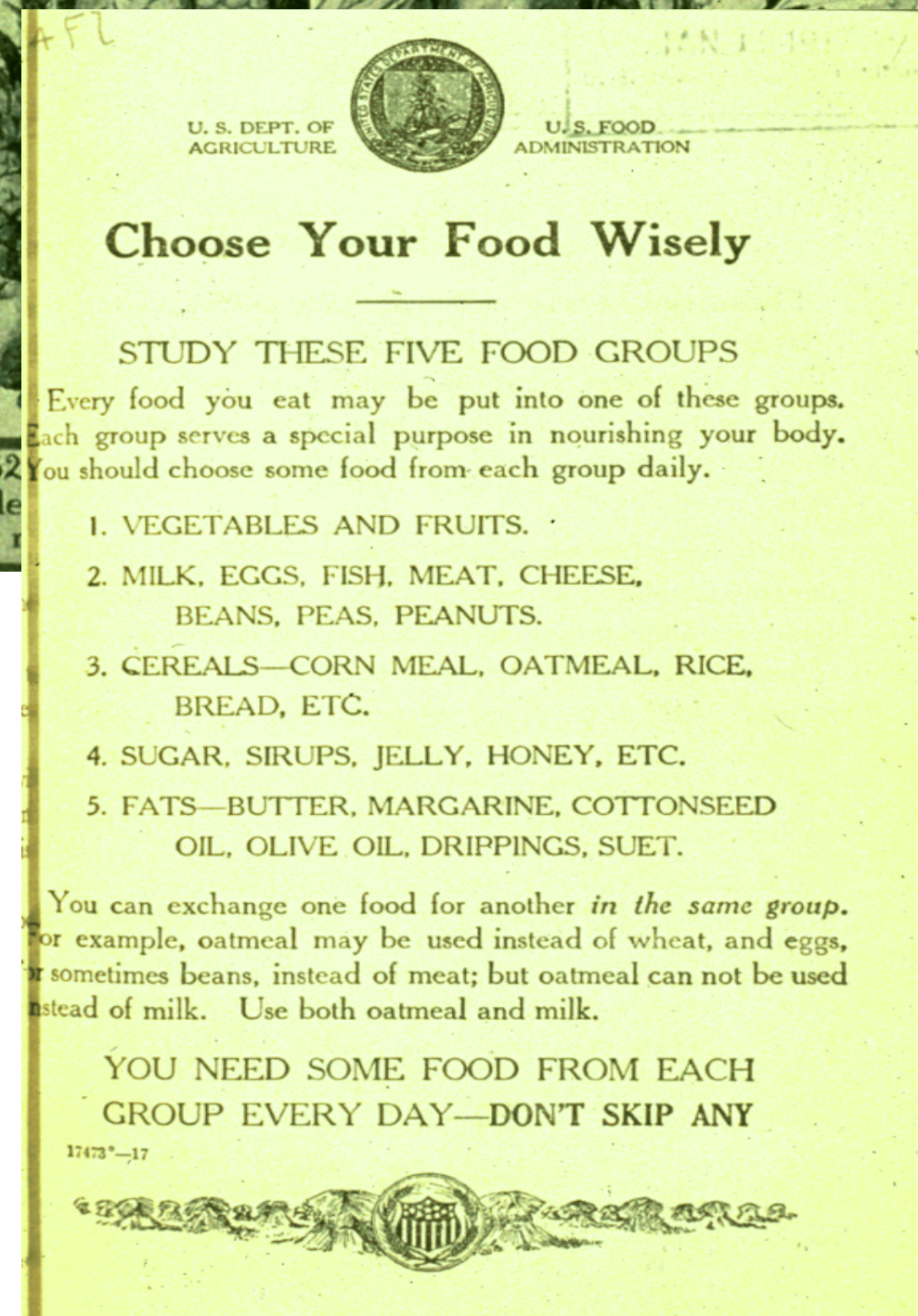
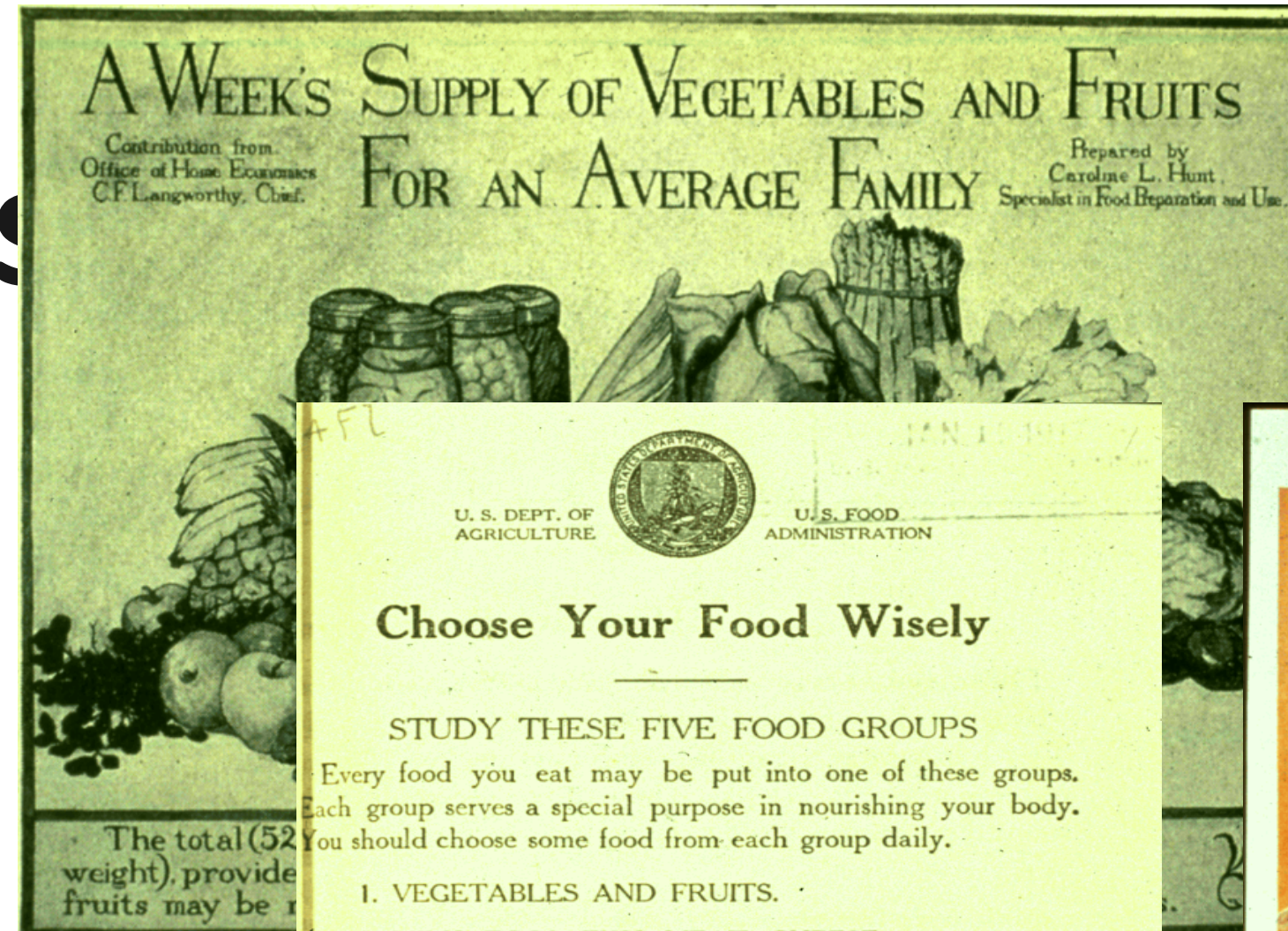
1917

1943

1956

1979

s for Americans



Concern: Nutrient Deficiencies



From Nutrient based to Food based

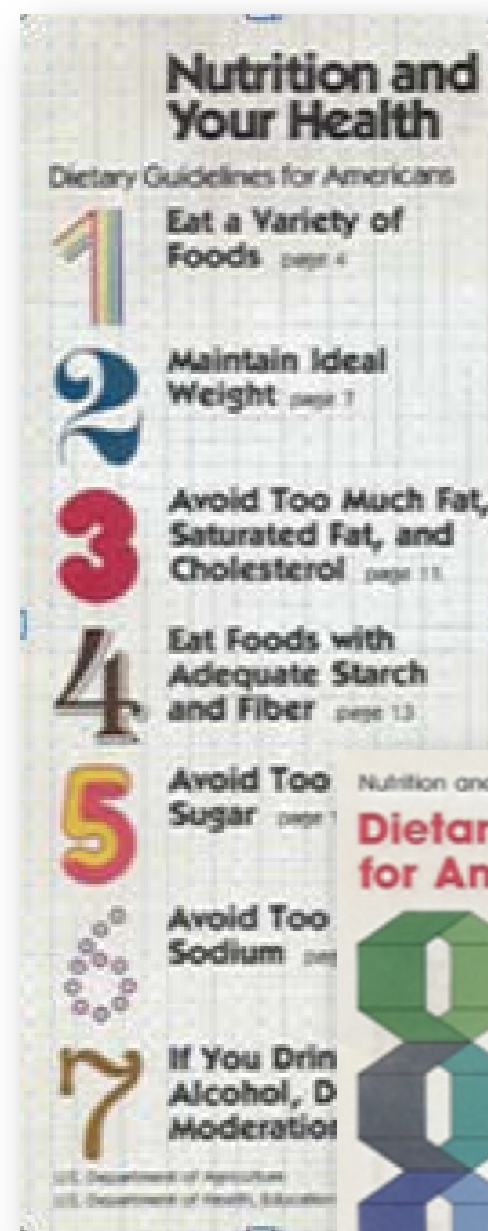
Nutrient based goals

- **Increase consumption of complex carbohydrates and “naturally occurring sugars”**
- **Reduce consumption of refined and processed sugars, saturated fat, cholesterol, and sodium**

Food based

- **Increase fruits, vegetables, and whole grains**
- **Decrease**
 - **refined and processed sugars and foods high in such sugars;**
 - **foods high in total fat and animal fat, and partially replace saturated fats with polyunsaturated fats**
 - **eggs, butter fat and other high cholesterol foods**
 - **salt and foods high in salt**
- **Choose low-fat and non-fat dairy products instead of high-fat dairy products (except young children)**

Dietary Guidelines for Americans



1980



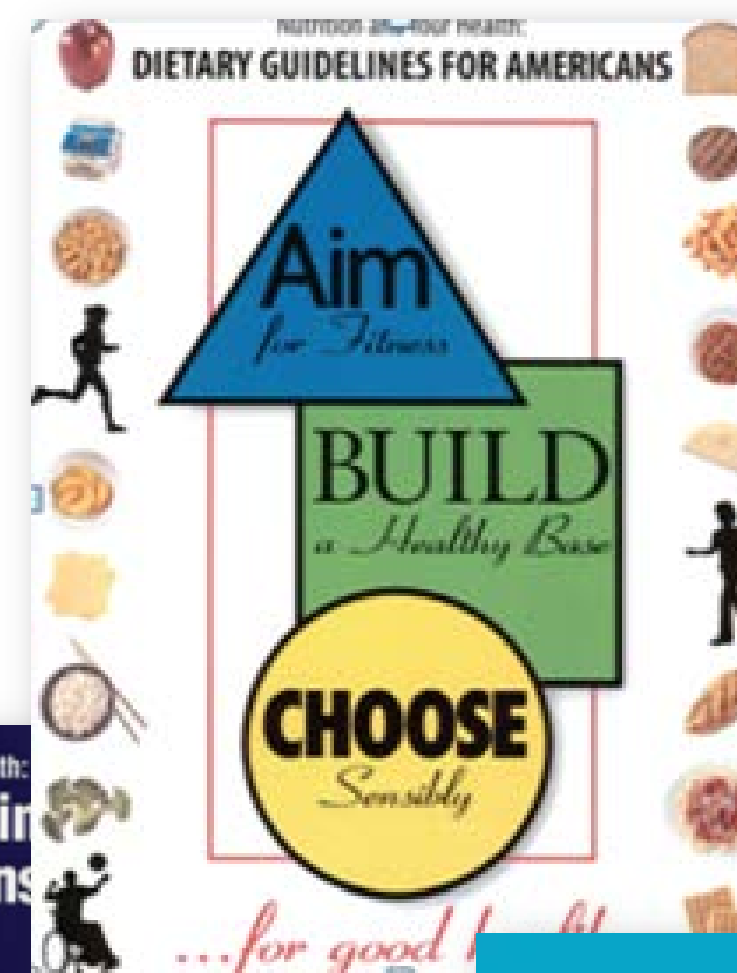
1985



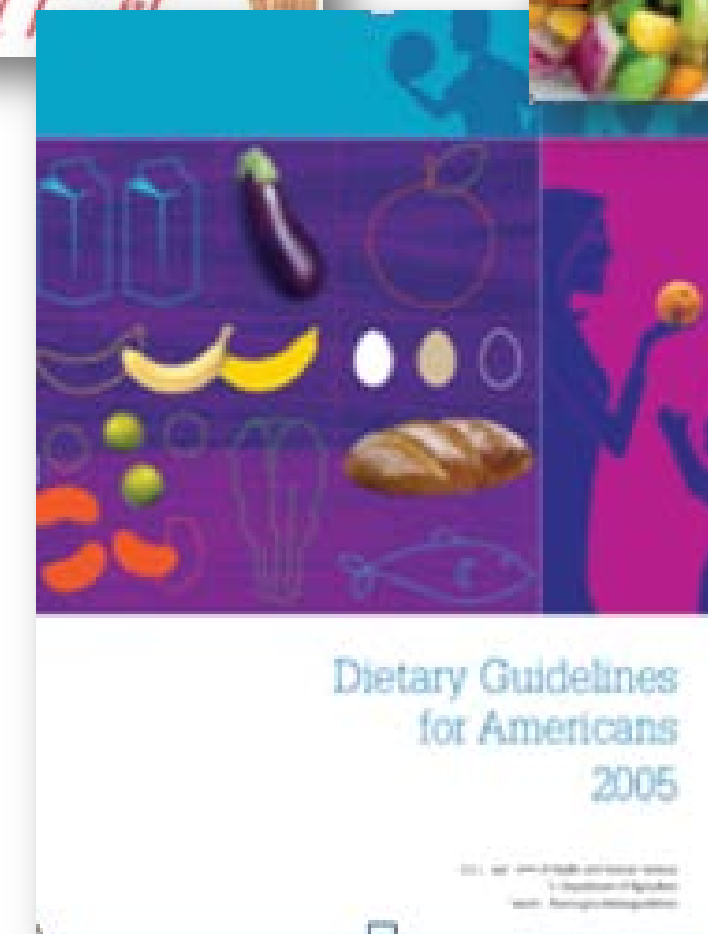
1990



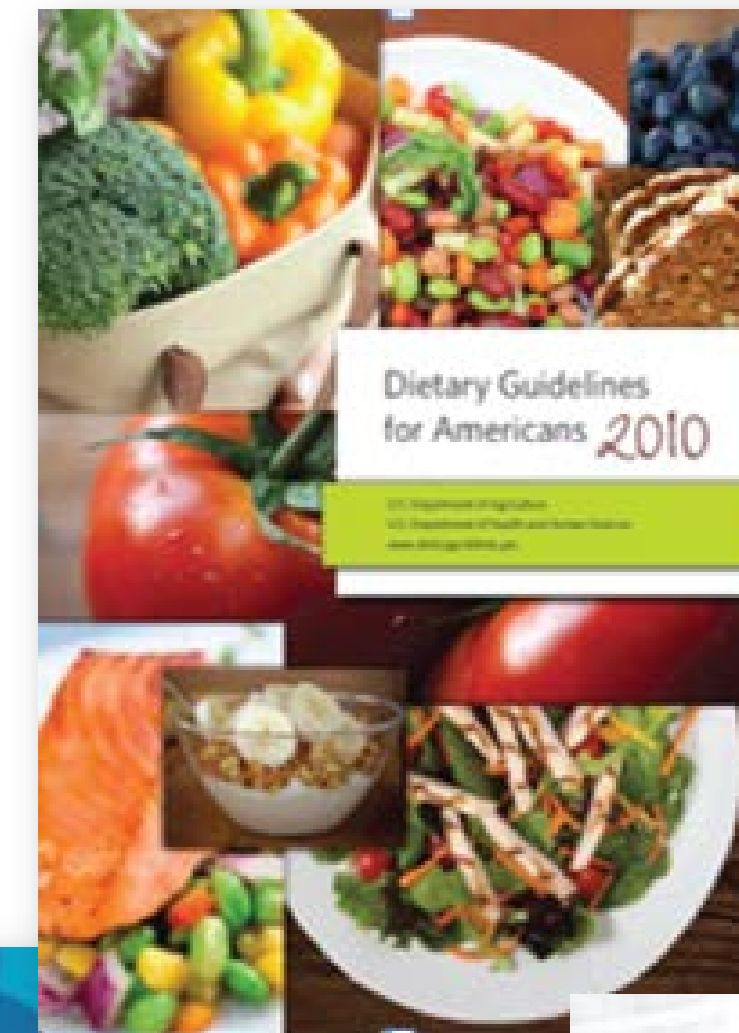
1995



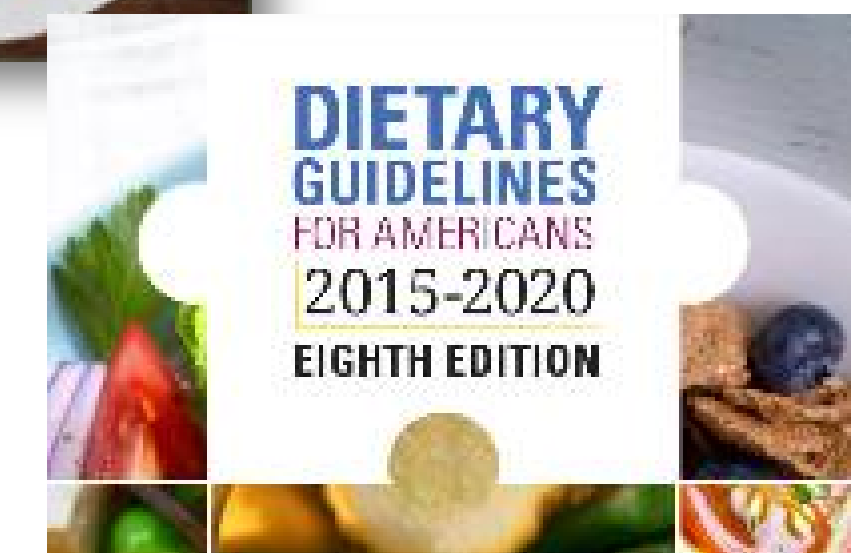
2000



2005



2010



2015



Translating Science for Development of *Dietary Guidelines*

Three Stage Process



Approaches

First edition to use a systematic review process

- Original systematic review
- Systematic review, meta analysis and reports
- Data analysis
- Food pattern and modeling analyses



Dietary Guidelines
for Americans
2005



Review of Current Scientific Evidence

The Secretaries of HHS and of USDA appoint an external Dietary Guidelines Advisory Committee to ensure sound external scientific advice to inform policy decisions

The Advisory Committee members are prestigious researchers in the fields of nutrition, health, and medicine.

The committee is thoroughly vetted for conflicts of interest before they are appointed to their positions and are required to submit a financial disclosure form annually

The committee reviews the previous edition of the Dietary Guidelines to determine the topics for which new scientific evidence was needed to inform the development of the new edition

The public is invited to submit written/oral comments to the Advisory Committee throughout the entirety of its work



Committee member requirements

Current knowledge in human nutrition and chronic disease

Familiarity with the purpose, communication and application of dietary guidelines

Expertise was sought in several specialty areas:

- Chronic disease e.g., cancer, cardiovascular disease, type 2 diabetes, overweight and obesity, and osteoporosis);
- Energy balance;
- Epidemiology;
- Food processing science, safety, and technology;
- General medicine;
- Gerontology;
- Nutrient bioavailability; nutrition biochemistry and physiology;
- Nutrition education and behavior change;
- Pediatrics; maternal/gestational nutrition;
- Public health;
- And/or nutrition-related systematic review methodology



Development of *Dietary Guidelines*

1. Develop research questions
2. Create and implement literature search and sort plans
3. Develop evidence portfolios
4. Synthesize the bodies of evidence
5. Develop conclusion statements and grade the evidence
6. Describe research recommendations



Original systematic reviews: The USDA Nutrition Evidence Library uses a systematic review methodology designed to analyze food, nutrition, and public health science

- **The medical field has used systematic reviews as the standard practice for more than 25 years to inform the development of national guidelines for health professionals**

Review of existing systematic reviews, meta-analyses, and reports by Federal agencies or leading scientific organizations

- **The approach involved applying a systematic process to assess the quality of the existing review or report and to ensure that it presented a comprehensive review of the Advisory Committee's question of interest.**



Data analyses: The Advisory Committee used national data from Federal agencies to answer questions about chronic disease prevalence rates; food and nutrient intakes of the U.S. population across age, sex, and other demographic characteristics; and nutrient content of foods.

- Data analyses tailored to a specific question helped inform the Advisory Committee's recommendations

Food pattern modeling analyses:

- Estimates of diet quality in the USDA recommended Food Patterns
- The Food Patterns were developed to demonstrate how Dietary Guidelines recommendations can be met within an overall eating pattern.
- Specific needs such as selecting foods to increase vitamin D intake were assessed
- The results of the modeling analyses kept recommendations grounded within the structure of an overall healthy eating pattern



Shifts Needed to Align with Healthy Eating Patterns

Shift to healthier food and beverage choices while considering cultural and personal preferences





Overarching themes and Recommendations

The Problem:

- $\frac{1}{2}$ of all Americans have one or more preventable chronic diseases that are related to poor quality dietary patterns and physical inactivity
- $\frac{2}{3}$ adults and nearly $\frac{1}{2}$ of children and youth are overweight obese

The Gap:

- Dietary patterns are suboptimal and causally related to poor individual and population health and higher chronic disease rates
- Few improvements in consumers' food choices have been seen in recent decades
- Diets are low in vegetables, fruits, and whole grain and high in sodium, calories, saturated fat, refined grains, and added sugars
- Under consumption of Vit. D, calcium, potassium, and fiber and iron in adolescents and females



Fruits



Vegetables



Grains



Dairy



Protein



Results

- Adolescents boys and girls have the lowest intake of vegetables
- Fruit intake low for almost all age and sex groups (with the exception of children aged 1-8 years)

- The average consumption of refined grains was above the recommendations, while the average consumption of whole grains intakes was below the recommendation

- Substantially below recommendations, except for your children, 1-3 years of age

- Seafood consumption was low compared to recommendations

Recommendations in the Dietary Guidelines 2015-2020

Include a variety of vegetables from all of the subgroups – dark green, red and orange, legumes (beans and peas), starchy, and others

Eat fruits, especially whole fruits

Eat grains, at least half of which are whole grains

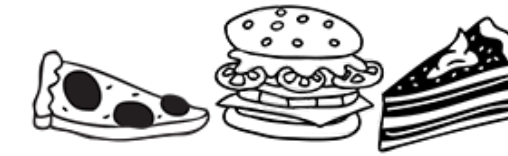
Fat-free or low-fat dairy, including milk, yogurt, cheese, or fortified soy beverages

Consume a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products





Added Sugars



Saturated Fats



Sodium

Results

- The major source of added sugars (47%) in typical U.S. diet is beverages, which include soft drinks, fruit drinks, sweetened coffee and tea, energy drinks, alcoholic beverages, and flavored water.
- Only 29% of the individuals in the U.S. consume amount of saturated fats consistent with the limit of less than 10 percent of calories
- Main source: mixed dishes (pizza, burgers, sandwiches, soups, among others)
- Average intake of sodium in adult men is 4,240 mg per day, and for women the average is 2,980 mg
- Most sodium consumed in U.S. comes from salts added during commercial food processing and preparation

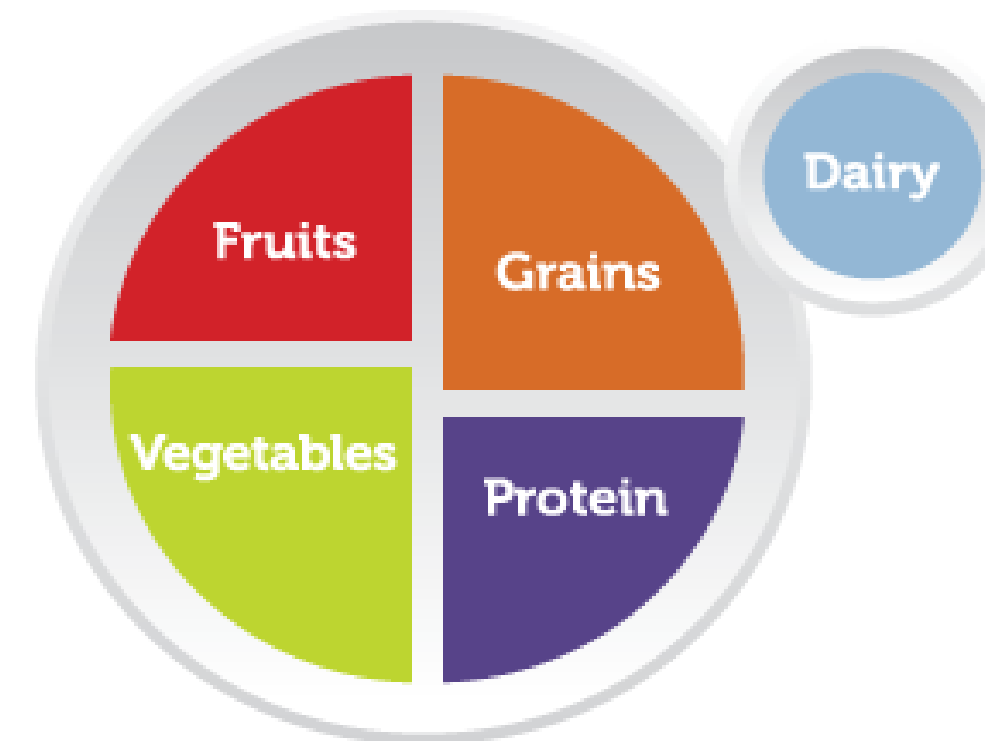
Recommendations in the Dietary Guidelines 2015-2020

- Reduce added sugars consumption to less than 10% of calories per day
- Choose beverages with no added sugars, such as water
- Reduce portions of sugar-sweetened beverages
- Reduce saturated fats intake to less than 10% of calories per day
- Change the ingredients of the mixed dishes to increase the amount of vegetables, whole grains, lean meat, low-fat or fat-free cheese
- Shift to food choices to reduce sodium intake
- Eating at home more often
- Limit sauces, mixes, and “instant” products, including flavored rice, instant noodles, and ready-made pasta



Five Overarching Guidelines

- 1. Follow a healthy eating pattern across the lifespan**
- 2. Focus on variety, nutrient density, and amount**
- 3. Limit calories from added sugars, saturated fats, and reduce sodium intake**
- 4. Shift to healthier food and beverage choices while considering cultural and personal preferences**
- 5. Support healthy eating patterns for all**





Healthy Physical Activity Patterns

●Adults

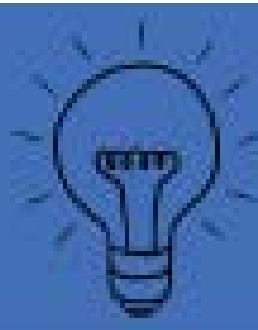
- Aim for 150 minutes of moderate intensity physical activity per week, and
- At least 2 days of muscle-strengthening exercises per week

●Youth ages 6-17 years

- At least 60 minutes of physical activity per day including aerobic, muscle-strengthening, and bone-strengthening activities



3



Implement the Dietary Guidelines

Translating Science for Development of *Dietary Guidelines*

- Foster partnerships with food producers, suppliers, and retailers to increase access to foods that align with the Dietary Guidelines
- Promote the development and availability of food products that align with the Dietary Guidelines in food retail and food service establishments
- Identify and support policies and/or programs that promote healthy eating and physical activity patterns
- Encourage participation in physical activity programs offered in various settings

HOME**Meal Planning****SCHOOL****WORKSITE****COMMUNITY****FOOD RETAIL****Active play****Active breaks**

Outreach to
consumers about
making healthy
changes

**Community
gardens**



Food Access

- Having access to healthy, safe, and affordable food choices
- Influenced by:
 - Proximity to food retail outlets
 - Individual resources
 - Neighborhood level resources
 - Race/ethnicity, socioeconomic status, geographic location, disabilities

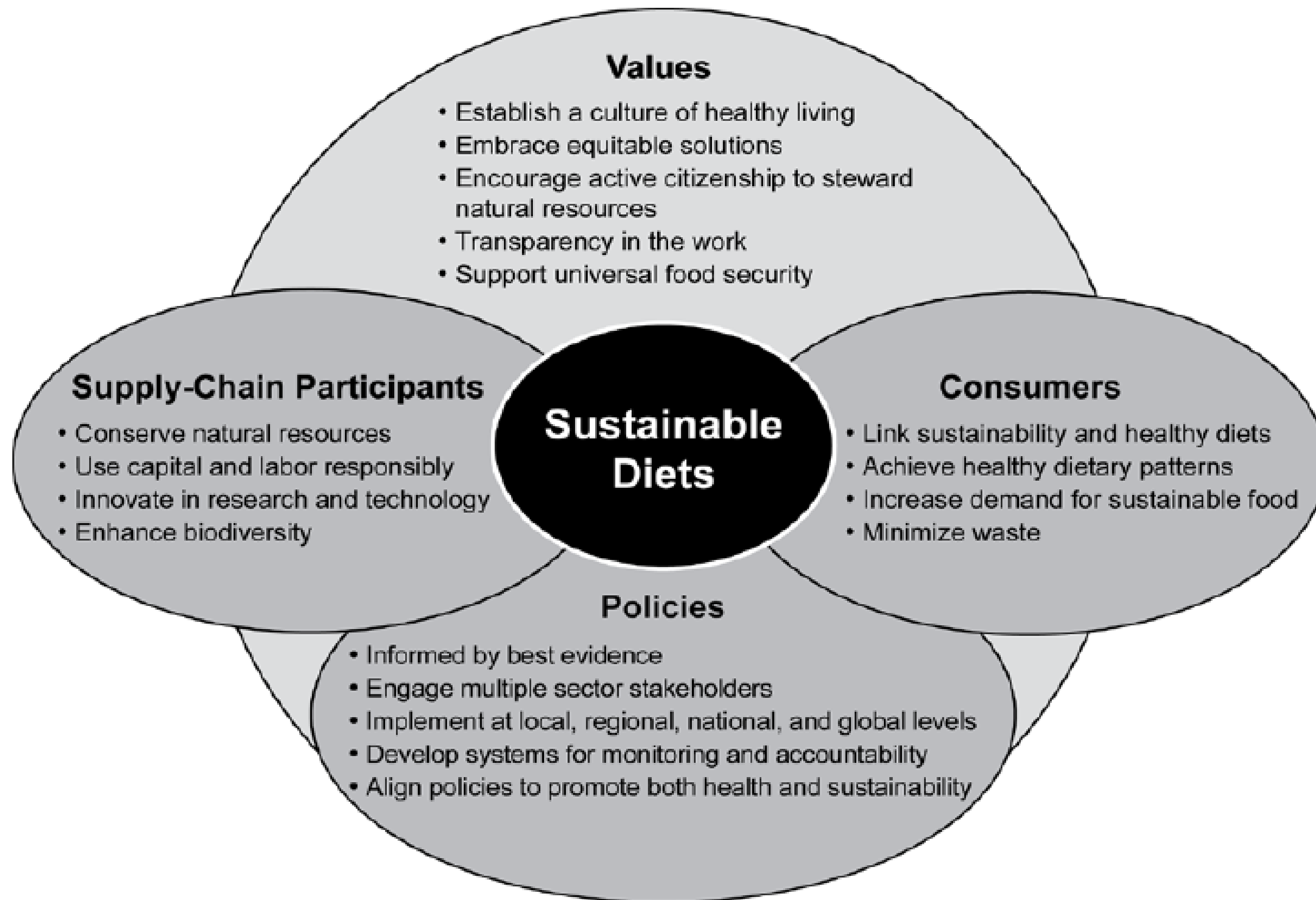


Acculturation

- The process by which individuals adopt the attitudes, values, customs, beliefs, of a new culture
- A gradual exchange between the original attitudes and behaviors associated with the originating country and those of the host culture



Figure D5.1: Elements needed for sustainable diets



THANK YOU!

Any Questions?

Everybody has a role with FBDGs: What's Yours?

Thank you very much!

For more info email us at: dietary-guidelines@fao.org



Brazil's Dietary Guidelines: eat real food, together, in appropriate environments, and exercise cooking skills

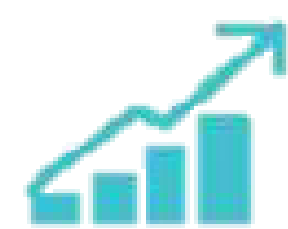
Luiza Torquato, MS

Federal Council of Nutritionists Observatory of Food Security and Nutrition Policies

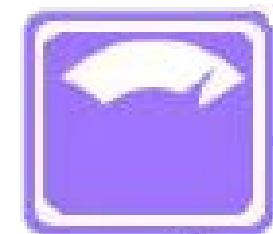
University of Brasília, Brazil



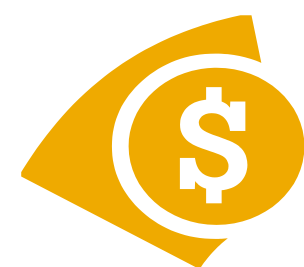
Food and nutrition scenario in Brazil



The prevalence of **overweight** in adults has **increased three times** in the last 20 years



57% of Brazilian adults are **overweight** and 20.8% are **obese**



The overall **costs of obesity** to the Brazilian National Health System are close to R\$500 million/year



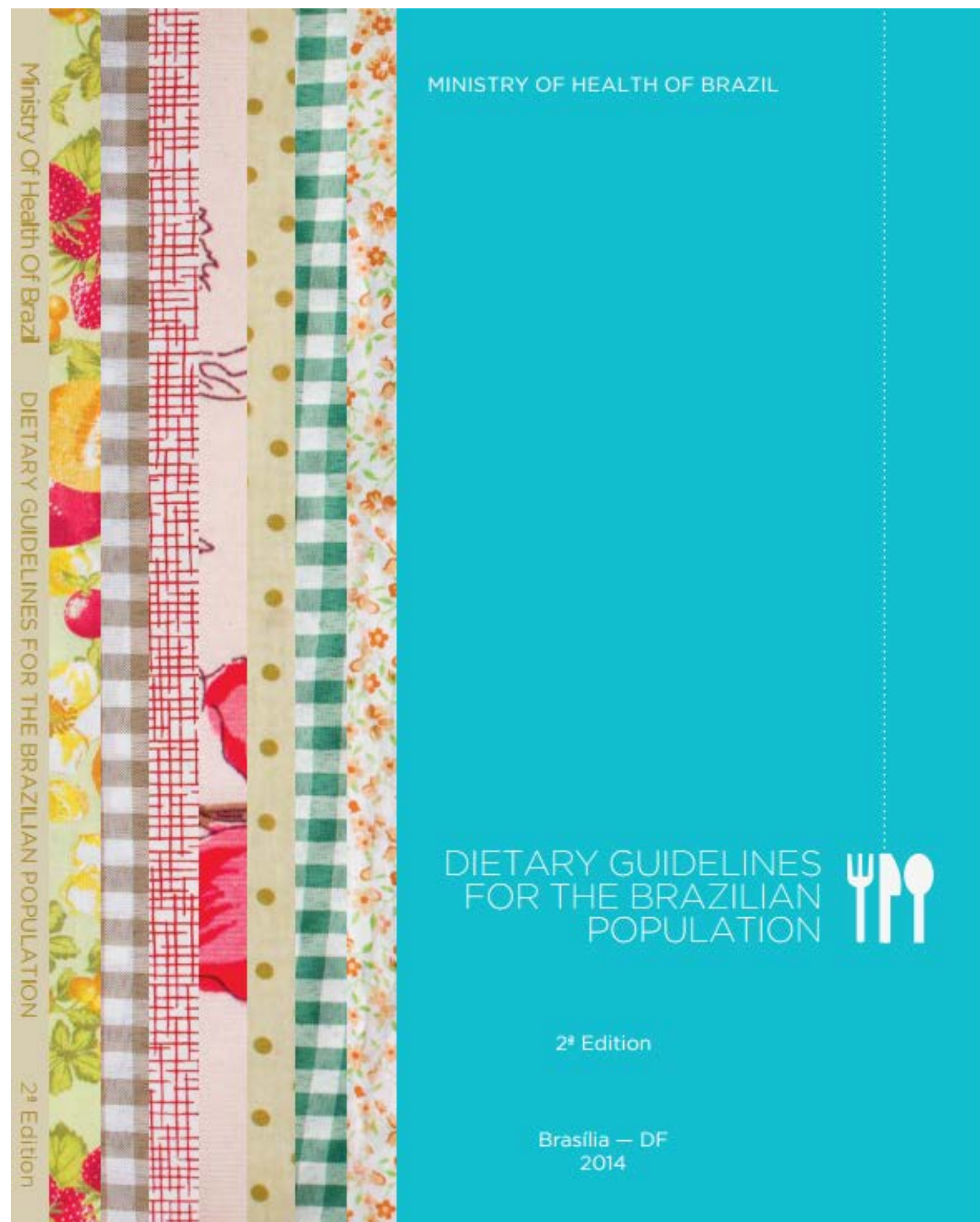
Chronic Diseases are increasing! The leading cause of death among adults! In 10 years, people who had been diagnosed with diabetes increased 61.8% and with hypertension 14.2%



People are replacing natural or minimally processed foods and preparation of meals based on these foods for ready-to-eat **industrialized food products**



Dietary Guidelines for the Brazilian Population



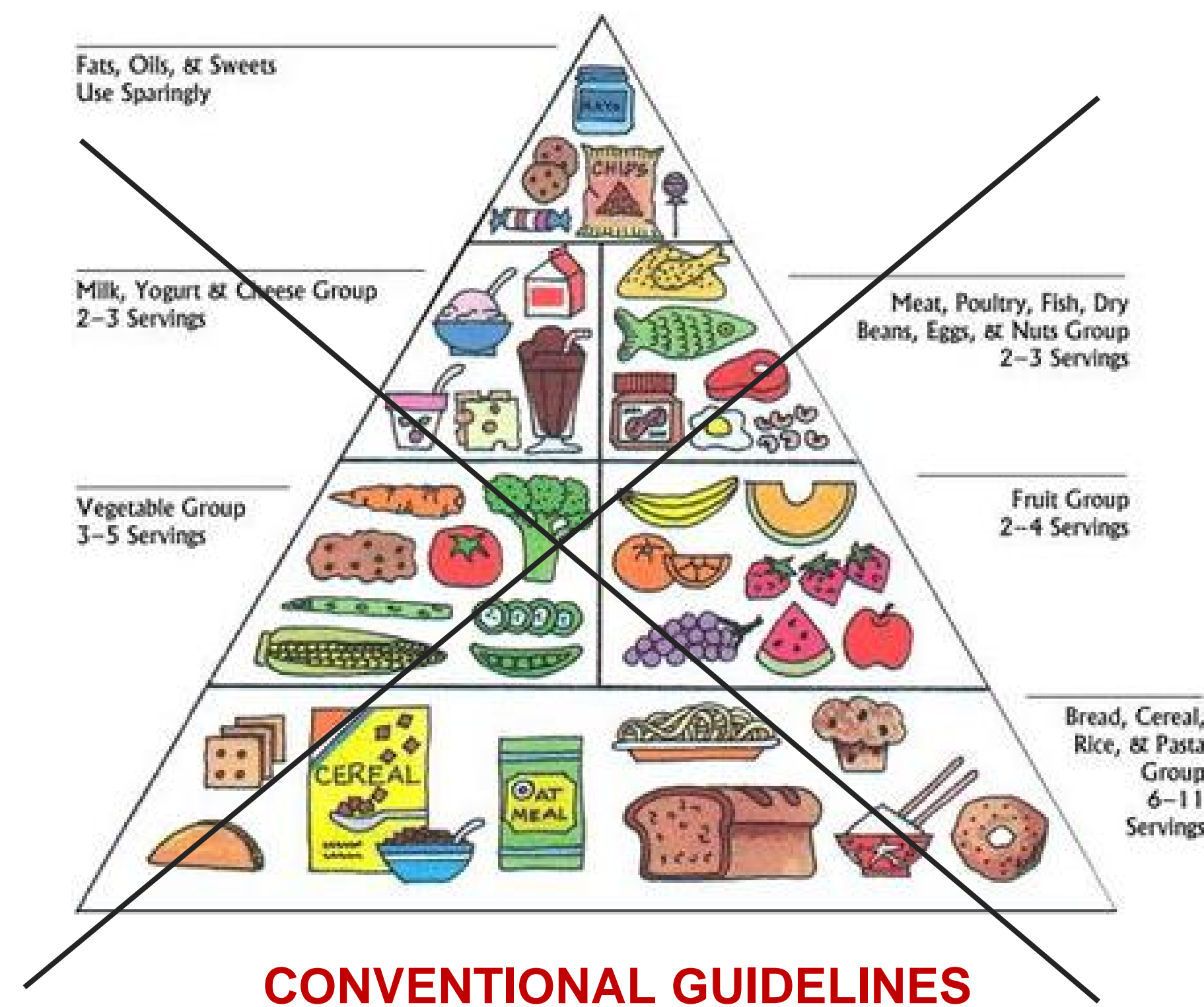
2014 – Launch of the new version of Brazilian's guidelines!

- Elaborated in a participatory manner and in consultation with multiple sectors of the society
- It has principles and recommendations to encourage and support adequate and healthy diets, personally and collectively
- Instrument to support food and nutrition educational activities and national food and nutrition programs and policies

WHAT IS NEW?



Dietary Guidelines for the Brazilian Population



1. DIET IS MORE THAN INTAKE OF NUTRIENTS!

Diet refers to **intake of nutrients**, but also to the **foods** that contain and provide nutrients; to how foods are **combined and prepared** in the form of **meals**; **how these meals are eaten**; and also to **cultural and social dimensions of food choices, food preparation and modes of eating**, all of which affect health and wellbeing

2. FOOD ≠ FOOD PRODUCTS

3. CULINARY INGREDIENTS ≠ READY-TO-EAT FOOD PRODUCTS

Dietary Guidelines for the Brazilian Population



4. HEALTHY DIETS DERIVE FROM SOCIALLY AND ENVIRONMENTALLY SUSTAINABLE FOOD SYSTEMS

Recommendations need to take into account the **impact of food production and distribution** on social justice, local communities, biodiversity and environmental integrity

5. MANY FACTORS CAN POSITIVELY OR NEGATIVELY INFLUENCE EATING PATTERNS

Knowing the characteristics and determinants of healthy diets can contribute **to increase autonomy in making good food choices** and **to demand the fulfillment of the human right to adequate food**

DIETARY GUIDELINES FOR THE BRAZILIAN POPULATION

CONTENTS

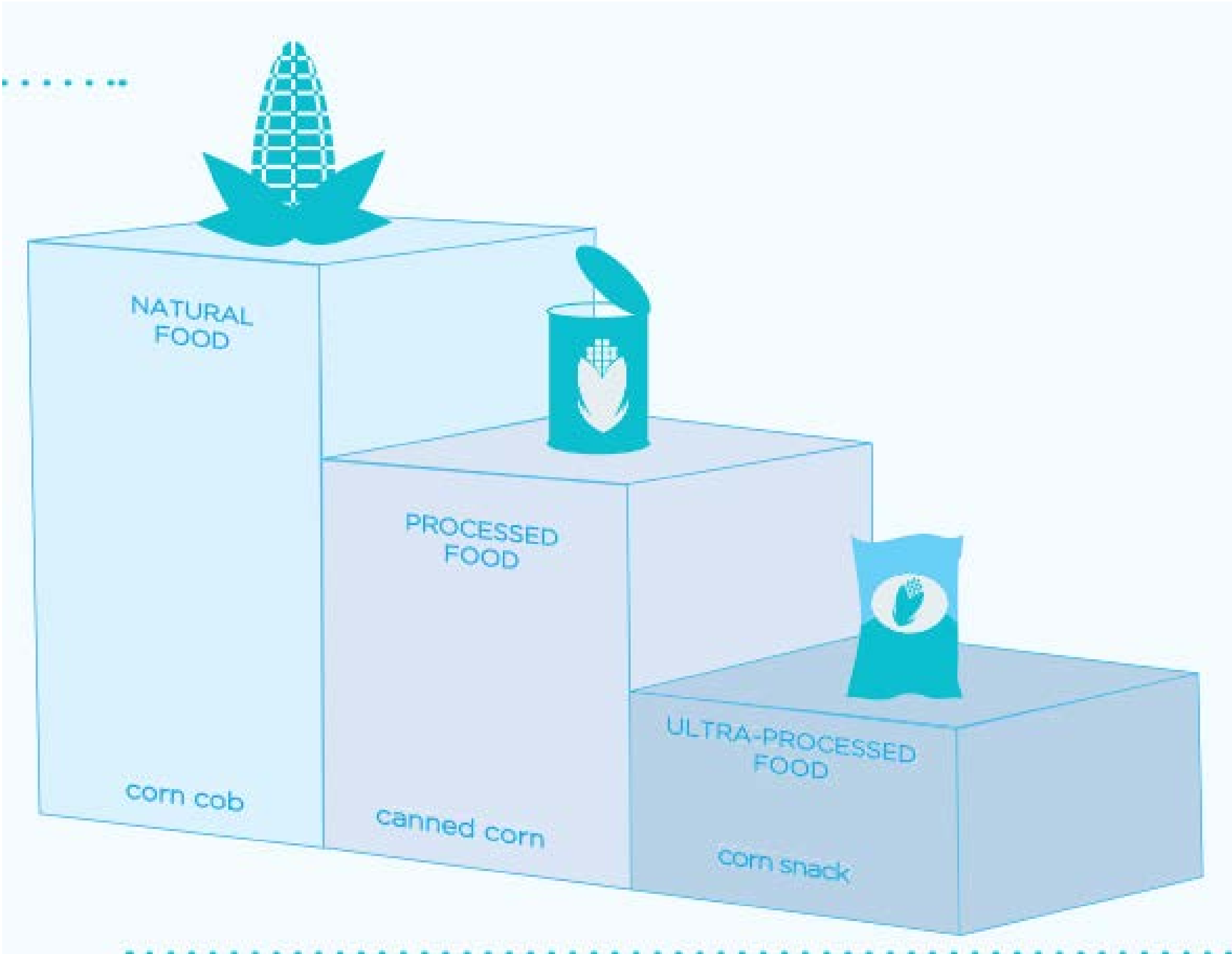
- Preface
- Preamble
- Introduction
- Chapter 1. Principles
- Chapter 2 . Choosing foods → categories of food processing
- Chapter 3. From foods to meals → how to combine, vary, select and conserve / examples of healthy meals
- Chapter 4. Modes of eating → time and attention devoted / the environment / commensality
- Chapter 5. Understanding and overcoming obstacles → ideas and advice about information, supply, cost, skills, time and advertising
- Ten steps to healthy diets
- How to know more
- Annex A. Process of preparation of the Food Guide's new edition.

categories of food processing



NATURAL: obtained directly from plants or animals and purchased without any alteration

MINIMALLY PROCESSED FOODS: natural foods which have been somewhat altered before being purchased



OILS, FATS, SALT AND SUGAR: products that are extracted from the nature and used for seasoning and cooking food



PROCESSED FOODS: products that are manufactured essentially with the addition of salt or sugar to natural or minimally processed foods

ULTRA-PROCESSED FOODS: products whose manufacture involves several stages and various processing techniques and ingredients, many of which are used exclusively by industry



Healthy meal options

BREAKFAST



LUNCH



DINNER



SMALL MEALS



TEN STEPS TO HEALTHY DIETS



1. Make natural or minimally processed foods the basis of your diet →

In great variety and mainly of plant origin! So you will have a diet that are nutritionally balanced, delicious, culturally appropriate, and supportive of socially and environmentally sustainable food systems

2. *Use oils, fats, salt, and sugar in small amounts when seasoning and cooking natural or minimally processed foods and to create culinary preparations* →

In moderation, it contribute to diverse and delicious diets without making them nutritionally unbalanced

3. *Limit consumption of processed foods* →

The ingredients and methods used in the manufacture of processed foods unfavourably alter the nutritional composition of the foods from which they are derived

4. *Avoid consumption of ultra-processed foods* →

They are nutritionally unbalanced, tend to be consumed in excess, displace natural or minimally processed foods and their means of production, distribution, marketing, and consumption damage culture, social life, and the environment



TEN STEPS TO HEALTHY DIETS



5. Eat regularly and carefully in appropriate environments and, whenever possible, in company



Make your meals at regular times; avoid snacking; eat slowly and enjoy what you are eating, without engaging in another activity. Eat in clean, comfortable and quiet places, where there is no pressure to consume unlimited amounts of food. Eat in company: this increases the enjoyment of food and encourages eating attentively

6. Shop in places that offer a variety of natural or minimally processed foods



Such as municipal and farmers markets or directly from producers. Prefer vegetables and fruits that are locally grown in season. Whenever possible, buy organic and agro-ecological based foods

7. Develop, exercise and share cooking skills



If you have cooking skills, develop and share them with boys and girls. If you don't, acquire them. Learn from and talk with people who know, read books, check the internet, take courses...Start cooking!

TEN STEPS TO HEALTHY DIETS



8. Plan your time to make food and eating important in your life



Plan the food shopping, organize your domestic stores, and decide on meals in advance. Share with family members the responsibility for all activities related to meals. Make the preparation and eating of meals privileged times of conviviality and pleasure.

9. Out of home, prefer places that serve freshly made meals



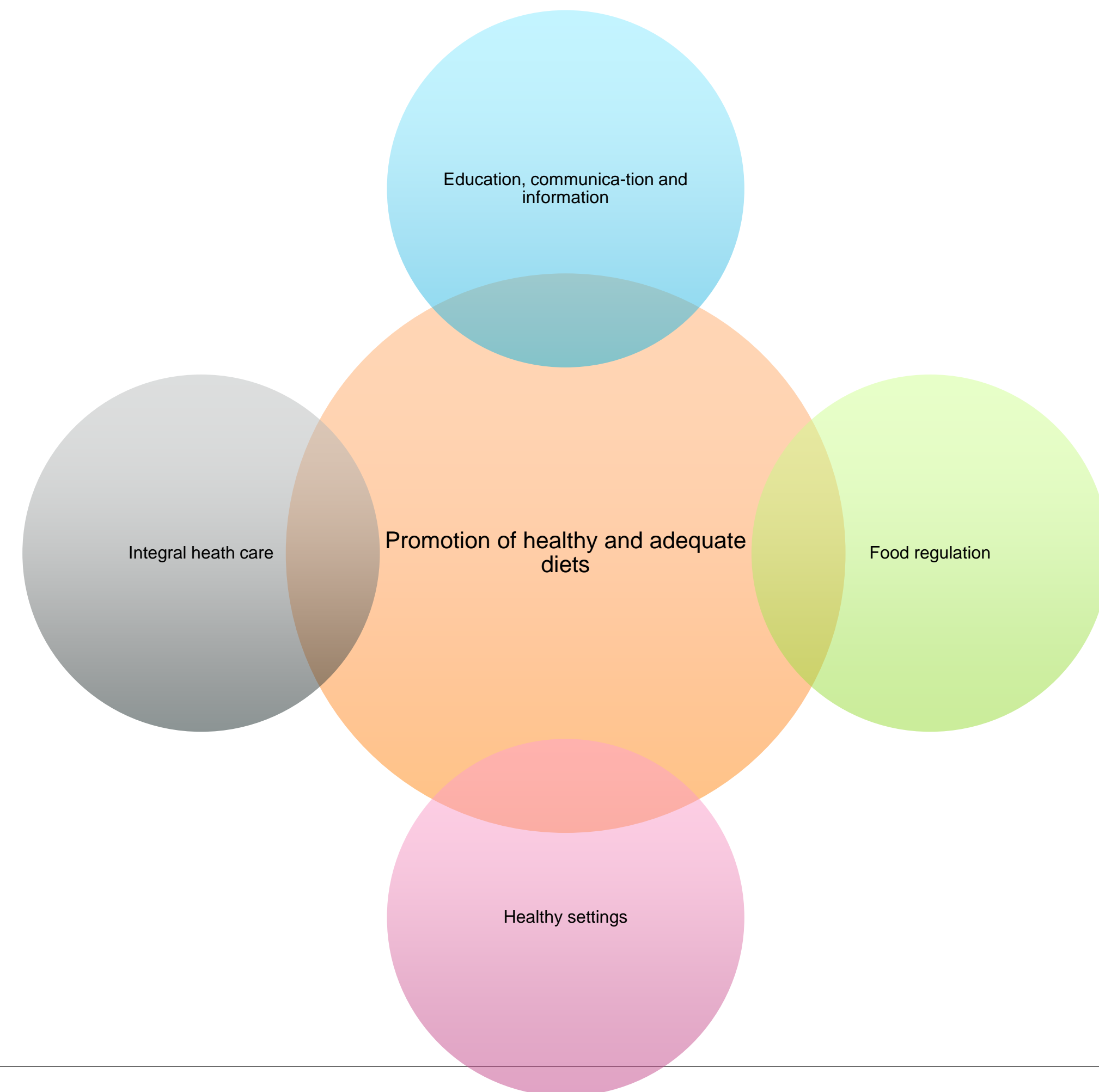
Self-service restaurants and canteens that serve food buffet-style charged by weight are good choices. Avoid fast food chains

10. Be wary of food advertising and marketing



The purpose of advertising is to increase product sales, and not to inform or educate people. Be critical and teach children to be critical

STRATEGIES FOR ADEQUATE AND HEALTHY DIETS BASED ON THE DIETARY GUIDELINES



Materials available on the Ministry of Health website:

<http://dab.saude.gov.br/portaldab/biblioteca.php?conteudo=publicacoes>

Luiza Torquato, MS

luiza@cfn.org.br



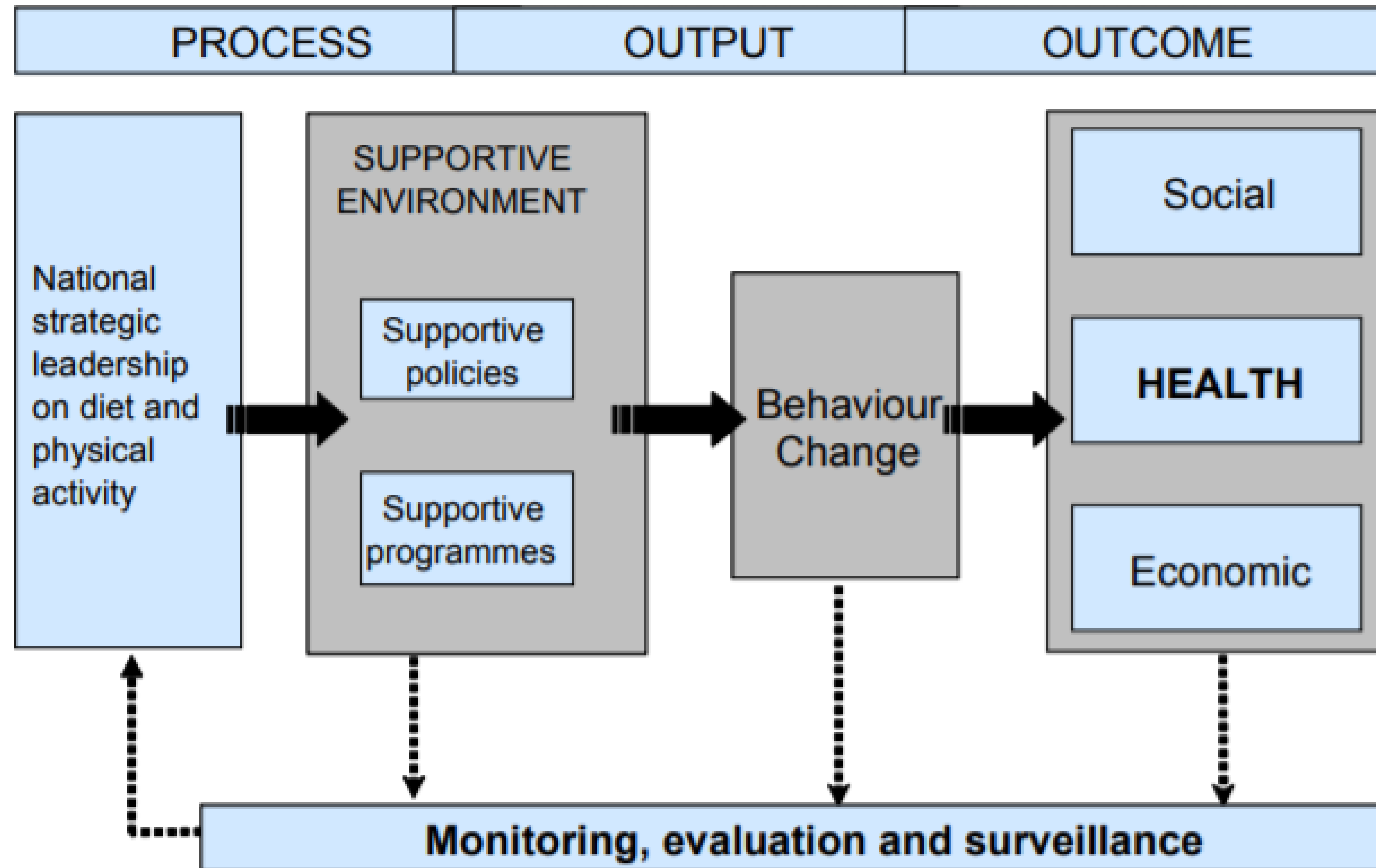
FOOD-BASED DIETARY GUIDELINES



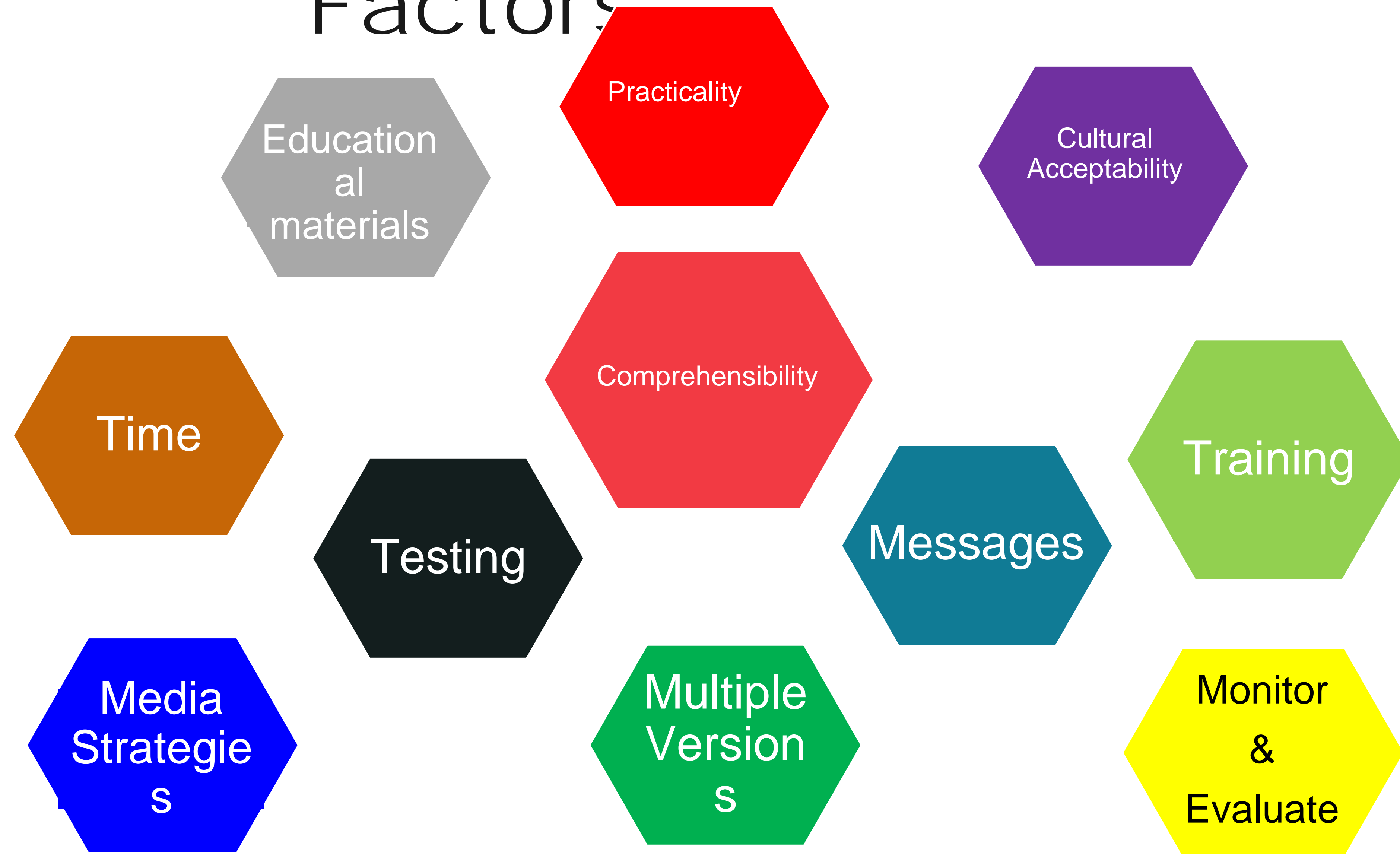
Serah Theuri PhD, RD
University of Southern Indiana



Framework for Implementation



Implementation Factors



Source: FAO/WHO (1996) Preparation and Use of Food-Based Dietary Guidelines. <http://www.fao.org/docrep/x0243e/x0243e00.htm>



Question and Answer Time

